



Coupar Angus Bulletin

For the residents of Coupar Angus, Ardler and Bendochy

Issue 15

January 2007



HAPPY NEW YEAR

It promises to be an Exciting One for Coupar Angus!

The start of a New Year and it promises to be an exciting one for the residents of Coupar Angus, Ardler and Bendochy. We can look forward to the long awaited regeneration of the area around the Cross, with the works under the THI getting started. Plans have been submitted to Perth & Kinross Council for the reinstatement and development of the Royal Hotel and former Co-op Building. Contractors could be on-site as early as April. Updates will appear regularly in the Bulletin.

The development of a master Plan for Larghan Park is nearing fruition with major works planned for the

Autumn. On a smaller scale, work at Davie Park will also be undertaken, providing the town with much improved park and recreation facilities.

The Horse Fair and Fireworks Displays were great events in 2006 and they promise to be even bigger in 2007.

If your New Year resolution was to get fit, keep active or take up a new hobby then take a look at the programme of Spring Adult Education Classes on page 2 for details.

From the Coupar Angus Regeneration Trust, Happy New Year.

BUSINESS IN FOCUS

In 2007 as well as giving you an up date on the THI, we hope to focus on a business in Coupar Angus each edition. If you have a favourite business you would like to nominate for our feature or have a business yourself please contact us.

Dates for your diary in January

Make a note for February Another popular POP Family Ceilidh on the 9th February in the Town Hall. (Bring your own Bottle) With live music, raffle and supper provided it's un-missable, Tickets only £5 with under 12's admitted free.

Look out for confirmation of times in the next edition.

PLEASE EMAIL cartrust@btconnect.com IF YOU HAVE ANY FORTHCOMING EVENTS WHICH YOU WOULD LIKE FEATURED.

Coupar Angus Adult Education Association Spring Term Classes 2007

MONDAY

Dru Yoga

7.00 till 8.30pm for 8 weeks

Tutor: Angus Macdonald Starts: 22nd
Jan Fee £23 Concessions £21

A gentle yet powerful form of yoga suitable for a wide range of ages, experience and fitness. The flowing subtle movements unite the body with the mind, helping to increase your flexibility and improve concentration.

(Location: In the Gym Annex, Coupar Angus Primary School. NB. There is no class on Feb 19th as this is half term.)

WEDNESDAY

Tai Chi

7.00 till 8.30pm for 8 weeks

Tutor: Lilla Streather Starts: 24th Jan
Fee £23 Concessions £21

Gentle and calming exercise for the body and mind. This class is suitable for all. Please wear loose clothing and soft flexible shoes. (Location: Gym Annex Coupar Angus Primary School)

WEDNESDAY

Bollywood Dancing

7.00 till 8.00pm for 8 weeks

Tutor: Paramita Karim Starts: 24th Jan
Fee £23 Concessions £21

Have lots of fun as you learn the basics of Indian dancing. Beginners are most welcome to join this friendly group, come along and dance your way to fitness!

(Location: School Hall)

THURSDAY

Scottish Country Dancing

7.00 till 9.00pm for 10 weeks

Tutor: Christian Catto Starts: 18th Jan
Fee £25 Concessions £23

This is a general class for people of all abilities - beginners, intermediate and advanced.

(Location: School Hall. NB No class on
March 15th)

THURSDAY

Afternoon Art Class

1.30 till 3.30pm for 10 weeks

Tutor: Elaine McKinlay Starts: 25th Jan
Fee £25 Concessions £23

An informal leisure class suitable for both the beginner and more experienced budding artist.

(Location: Guide Hut, School Road,
Coupar Angus.)

For more information or to enroll in any of the classes please telephone Elaine McKinlay on 01828 627040.

Please enroll as early as possible to
avoid disappointment

(To comply with the law, under 16's can not be accepted on to a class unless accompanied to every class by a parent or legally appointed guardian.)

Getting Older, Thinking Younger Tuesday 20th February

Older people in the Coupar Angus area are invited to a free event in the Town Hall on Tuesday 20th February from 2-4pm, where they will be given advice on how to stay healthy and avoid falls.

Eighty percent of accidents suffered by over 60 year olds are caused by falls and statistics show that, in Britain, one person dies as a result of a fall every five hours; many of these falls could have been prevented.

The Tayside Healthy Communities - Falls Project has recently got underway in Coupar Angus and we will be giving information on falls prevention, handing out "Message in a Bottle" emergency information bottles and replacing worn walking aid ferrules.

Older people in the area are living longer, more fulfilled lives and we would like to hear in what activities this group of people would be interested in taking part and demonstrate what is available.

Health Professionals and representatives from Perth and Kinross Leisure will be on hand to hear peoples' views and to give advice if required. A raffle and refreshments will be available free of charge, transport can be arranged.

Watch out for posters and in local press for more information or phone Jackie Doe – Project Manager on 01738 473146.

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 * Friends of Larghan Park (FoLP) would like to thank all who *
 * supported the recent Christmas Hamper raffle held in the *
 * George Street Scotmid which raised a fabulous £362. *
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 * With a master plan of the park redevelopment now in place *
 * the money raised will be used towards putting the plan into *
 * action in late 2007. Anyone wishing to find out more about *
 * FoLP or to become involved with the group working to im- *
 * prove the appearance and usage of the park is invited to *
 * contact John Davies on 01828627081 or 07747780654. *
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If you have any community news or other items of interest please email the office or telephone the above numbers. Also if you would like to receive the bulletin electronically please let us know.

**Usual office hours
Tues, Wed & Thurs
9 - 3pm**

Good News from the YWCA

YWCA girls groups restart in the New Year with the intermediate group (P7 upwards) on Tuesday evenings and the Girls on the Move (P5-P7) on Wednesday evenings. These groups are funded to the end of March so Gail will be getting together with the girls in the New Year to discuss new projects and funding applications for after March. Any girls out there wanting to put their ideas forward - now is the time to join in!

The mixed youth group have finished their animation project and will soon be holding an evening to showcase their work. And good news for the New Year - we received notification just before the Christmas holidays that we had been successful in a bid to The Heritage Lottery Fund to do a joint project with The Coupar Angus Heritage Association. Together we will be exploring the histories and traditions of Coupar Angus with the young people recreating the stories in drama. More information about this project will be coming soon. The young people also have some activity evenings at The Compass Centre in Glenshee lined up for the New Year courtesy of The Thrill Seekers programme.

The next meeting of our Local Advisory Committee is on Monday 29th January at 7pm. If anyone is interested in joining the group to support the work of the YWCA please give us a call - new members are always very welcome!!!

For information on any of the above or to enquire about volunteering or making a donation please call on 01828 628909



The Pride of Place group and the Coupar Angus Illuminators would like to thank Mr Speller of Causewayend who provided the Christmas Tree and lights at the bed opposite the Red House Hotel.